

RiverTrek Participant Needs Equipment List

Highly recommended items:

5 T-shirts
1 or 2 pairs of shorts
5 undergarments
Several pairs of socks
2 swimsuits (be wearing one when we leave the day of the trip)
1 sweatshirt (polyester pull-over also an option)
1 inexpensive rain poncho
1 pair warm-up pants (optional, nylon works best)
1 pair of jeans

Toiletries: (zip lock baggies work well as containers)

Toothbrush and toothpaste
Bath soap
Deodorant
Shampoo
Bath towel or beach towel (2 small ones are better than 1 giant one)
Wash cloth
Cornstarch (not Baby Powder)

Other Needs:

1 lightweight sleeping bag (or 1 or 2 blankets) keep it small
1 pillow
1 pair of gym shoes
Water shoes or sandals with heel strap
Sunscreen (waterproof)
Bug repellent
Sunglasses
Flashlight (w/batteries)

Optional Items:

Disposable (waterproof) cameras
Personal journals
Eyeglasses strap and contact solution (if needed)

Any prescription medication / over the counter meds (aspirin, vitamins, etc.) must have a parental permission slip accompany the medication.

All these items will need to fit into a watertight blue bag. (If it doesn't fit in the bag, you're not taking it with you!)

No, the bags are not going down the river in the boats. Please remember to bring a bag with you to transfer everything into at the end of the trip on Friday night, so that you will not leave anything behind.

Things not to bring:

Cigarettes, drugs, alcohol, etc.

Personal electronic devices: Game Boys, Walkman's, TV's, CD players, cell phones, pagers,
and anything else we forgot to mention!

Large sheath knives (Rambo knives)

Cosmetics